

Curried Quinoa with Apricots and Celery



Preparation Time: 5 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

1 cup dry quinoa, rinsed thoroughly and drained

1-1/2 cups water

1 teaspoon Dijon mustard

1 to 2 teaspoons curry powder, to taste

1 teaspoon honey

Juice of one orange

1/2 cup olive oil

Salt and pepper, to taste

4 celery stalks, diced

1/4 cup sunflower seeds

1/4 cup Marcona almonds, chopped

1/3 cup dried apricots, thinly sliced

Description:

Add the quinoa and water to a saucepan. Bring to a boil, then reduce heat to simmer. Cover and cook 20 minutes. Remove from heat and let stand undisturbed for 10 minutes, then fluff the grain.

Transfer quinoa to a serving bowl. Combine the mustard, curry powder, honey, orange juice, and olive oil. Season to taste with salt and pepper, if desired. Add the celery, sunflower seeds, almonds, and apricots to the quinoa. Pour half the dressing over the mixture, stirring well. Add additional dressing, to taste.

Sara's Tip: Quinoa is a gluten-free ancient grain that contains 8 grams of protein in just a 1/2-cup serving. The sunflower seeds and Marcona almonds add even more protein and healthy fats needed for optimal recovery.